

**Claim Amendments:**

1 (currently withdrawn). A method for providing light and to signal slow breathing

irradiating a user's eyes through a translucent colored shield to filter out all light except light in the blue-green spectrum; and

irradiating the user's eyes with light pulses timed to alert the user when to inhale and when to exhale;

2 (currently withdrawn). The method of Claim 1 wherein the light pulses are in the blue-green spectrum.

3 (currently withdrawn). The method of Claim 2 wherein the light pulses are emitted via a light emitting device.

4 (currently amended). A device to irradiate the wearer's eyes comprising:

a translucent shield applied over a user's eyes to block a portion of ambient light outside the blue-green color spectrum;

a source of dim intensity colored light within the shield which irradiates the eye with diffused light and which oscillates to alert the user when to inhale and when to exhale; and

said light is comprised of LEDs (light emitting diodes) which signal the wearer to inhale for approximately 5 seconds and exhale for approximately 5 seconds; and

said LEDs are regulated by a controller housed in a control box, said control box being connected to said LEDs by an electric cord; and  
said control box being capable of being affixed to a user's belt.

5 (currently withdrawn). The device of Claim 4 wherein the light is comprised of LEDs (light emitting diodes) which signal the wearer to inhale for approximately 5 seconds and exhale for approximately 5 seconds.

6 (currently withdrawn). The device of Claim 5 wherein the LEDs are regulated by a controller housed in a control box.

7 (currently withdrawn). This device of Claim 6 wherein ~~the~~ said control box is connected to the LED by an electronic cord.

8 (currently withdrawn). The device of Claim 6 wherein ~~the~~ said control box may be affixed to a user's belt.

9 (currently withdrawn). The device of Claim 6, wherein ~~said~~ the control box has a space for mounting a meditation word, prayer, verse, or picture.

10 (currently withdrawn). A device to irradiate a user's eyes comprising:  
a translucent shield in the form of glasses applied over a user's eyes, said shield blocking ~~block the~~ a portion of ambient light outside the blue-green color spectrum;

an LED source of dim intensity colored light within the shield which irradiates the eye with diffused light;

and means for oscillating the LED source to alert the user when to inhale and when to exhale, and/or repeat a prayer, mantra, or meaningful verse.